



# WORKING WELLNESS

Good Health is Good Business

**APRIL  
2014**

## SMOKING CESSATION INFO

*is...*

Alcohol  
Awareness  
Month



National  
Autism  
Awareness  
Month



Irritable Bowel  
Syndrome  
Awareness  
Month



National  
Donate Life  
Month

*With*



National Public  
Health Week

National Walk  
@ Work Day



Smokers who want to kick the habit and have a powerful partner need to register for the Quit Smoking Now Program sponsored by AHEC.

THE QUIT SMOKING NOW PROGRAM OFFERS:  
1 hour a week counseling sessions (up to 6 weeks)  
Group support and guidance (includes materials such as a 4 week supply of nicotine replacements).

TOOLS TO QUIT PROGRAM:  
Often used as an intro to the Quit Smoking Now Program and includes a 2 hour seminar with 2 weeks of nicotine replacements

You can take the class as many times as you want but you are entitled to only 8 weeks of nicotine replacements per year.

Also, they can do Private worksite smoking cessation programs and its all for FREE !

Visit [keystoquitsmoking.com](http://keystoquitsmoking.com) or call 305-743-7111 x205

**\*\* Our prescription company Envision also offers a \$0 Co-Pay for smoking cessation materials; in other words this is also another FREE way to quit smoking today ! CALL 1-800-361-4542 for more info.**



**Happy  
Easter**

### NEW IN NETWORK FACILITY in KW !

Effective March 1, 2014 the Surgery Center of Key West, LLC is now an in-network facility.

They are located at 931 Toppino Drive, Key West, FL 33040.

Their phone number is 305-293-1801.

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at <http://healthfinder.gov/NHO/nho.aspx>



## SPOTLIGHT OF THE MONTH: WALK @ LUNCH

**National Walk@Lunch Day, Wednesday, April 30, 2014.**

This is a day Florida Blue encourages everyone to  
**"Turn a working lunch into a walking lunch"**.

This link provides an overview of the **National Walk@Lunch Day**:

<http://www.bcbs.com/why-bcbs/walkingworks/national-walklunch-day.html>



## SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



**APRIL 10 @ 3pm- Overcoming your Fear of Failure**

**APRIL 16 @ 3pm- Fighting the Funk: Dealing with Depression**

**APRIL 23 @ 3pm- Stress: Do This, Not That**

**APRIL 30 @ 3pm- Taking your zzzz's Seriously**



Available 24/7 @ 1-800-272-7252



Or

Register at: [www.mylifevalues.com](http://www.mylifevalues.com)

Login: MCBOCC Password: MCBOCC



## CONSUMER CORNER

**As health care consumers endure higher deductibles and reduced insurance benefits, it is becoming more important to understand and even negotiate prices before receiving medical treatment.**

Dr. Kathryn Stewart, medical director of care management at Mount Sinai Hospital in Chicago, believes that patients can and should be more proactive about seeking the best prices for their services.

"Hospital costs are probably 40 (percent) to 50 percent of what their (list price) charges are," she says. But when it comes to billing, "most hospitals are happy to break even or have a little bit of profit."

This means there is plenty of room to negotiate and reduce your out-of-pocket expenses.

### **Cutting costs..**

Shop for hospital care as you would any other consumer service, but with more effort since costs can run really high. You can save yourself a bundle using these strategies.

### **10 ways to reduce your medical bills**

1. Ask your doctor to be your ally
2. Compare costs by using the CPT code
3. Find friends in the billing department
4. Negotiate lower prices, payment arrangements
5. Ask if recommended services are necessary
6. Explore state-sponsored hospital Web sites
7. Check your insurance company's Web site, too
8. Ask for the Medicare rates
9. Go generic
10. Sweat the small stuff

To be continued in next months newsletter...

Any questions, comments or concerns please contact Meri-De Mercado, Sr. Benefits Coordinator @ [mercado-meride@monroecounty-fl.gov](mailto:mercado-meride@monroecounty-fl.gov) or (305) 292-4450.



# COMP CORNER

*Providing you with continuous general information on your Workers' Compensation benefits.*



## A reminder from the Workers Comp Specialist, *Don't Wait!*

*The importance of filling out a completed Medical and Non-Medical Notice of Injury (NOI) in a timely manner:*

- You will avoid causing further injury
- You will avoid an unnecessary ER visit
- Your time may expire on treatment availability

**\*\* When an incident occurs whether injured at the time or not, a First Report of Injury or Illness must be completed and sent to the Workers Comp Office.**



Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## *A word from the Safety Officer*

### GET IN THE HABIT

**Ground Fault Circuit Interrupters** (GFCIs) are wonderful devices that can protect you from electrical shock.

They are usually found in areas that have water (bathrooms, kitchens, laundry rooms, etc.)

These outlets are designed to detect very small electrical leakages and quickly shut off the circuit. But, they can be damaged by the electrical storms & power surges.

They need to be tested regularly and it only takes a few seconds to check them out.

How do you test a GFCI?  
ITS EASY!!

#### **Five Simple Steps:**

1. Plug a nightlight into a GFCI outlet and turn on;
2. Press the "TEST" button;
3. The light should turn off;
4. Press the "RESET" button;
5. The light should turn on.

If the light does not go out when "TEST" is pressed or on when "RESET" is pressed, do not use the outlet.

**CALL AN ELECTRICIAN!**

